

## cold bowls

### arugula & watermelon salad

- arugula, watermelon, candied walnuts, goat cheese, pickled red onion & balsamic vinaigrette 14 •

### cobb salad

- egg, avocado, bacon, cheddar, tomato, crisp greens, pickled red onion & tzatziki yogurt sauce •

### grilled salmon salad

- grilled salmon, arugula, avocado, pickled red onion, cherry tomato & cilantro lime dressing 16.5 •

### ADD ON'S

- tofu 5 / falafel 5 / chicken 5 / salmon 8 •

## warm bowls

### spicy curry tofu

- grilled tofu, spicy curry, broccoli, edamame, peanut, cilantro & basil & jasmine rice 15 •

### grilled salmon

- grilled salmon, zucchini, asparagus, radish, white rice, fresh herbs & green goddess 16 •

### baked chickpea falafel

- 3 falafel, arugula, carrots, pickled red onion, feta, edamame, scallions, tzatziki yogurt & green goddess 15 •

### pineapple fried rice

- spicy cashews, pineapple, edamame, egg, carrot, red onion, peppers, ginger chili vinaigrette, chili crisp, cilantro, sesame seeds & rice 15 •

### ginger-orange chicken

- wok tossed chicken, citrus ginger-chili sauce, broccoli, scallions & sesame seeds. rice or lo mein noodles(+1) 14.5 •

### bulgogi steak stir fry

- thinly sliced steak, sunny up egg, peppers, cabbage, mushrooms, carrot, broccoli, scallion, bulgogi sauce choose jasmine rice or noodles (+1) 17 •

## build your own

### choose 1 protein

- grilled tofu 14
- baked chickpea falafel 14
- herb roasted chicken 14
- slow cooked beef 15.75
- chorizo sausage 15
- grilled salmon 16

### choose 1 base

- sweet potato
- jasmine rice
- arugula

### choose 2 veggies

- roasted broccoli mushroom
- shredded carrots radish zucchini
- cabbage pickled veggies
- cherry tomatoes red pepper •

### choose 2 toppings

- sesame seed scallions
- avocado apple
- fresh herbs peanuts
- pickled onion edamame
- spiced almonds
- feta + 1.75 goat cheese +1.75

### choose 1 sauce

- ginger miso garlic aioli
- tzatziki yogurt lemon vinaigrette
- green goddess thai peanut cilantro lime
- spicy chipotle •

- all sauces are house made and gluten free •

## TODAY'S SANDWICH

### salmon- sweet potato burger

- salmon, sweet potato and black bean burger on grilled brioche roll with horseradish aioli, pickled red onion, arugula & cilantro lime sauce 16 •
- choice of chips or mixed greens salad •

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## smoothies

### superfoods

- berries, banana, flax, kale, protein choice, almond milk •

### salted chocolate hemp

- vegan cocoa, banana, peanut butter, hemp seed, protein choice, almond milk

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### golden milk

- pineapple, banana, turmeric, ginger, black pepper, cinnamon & almond milk

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### peanut butter cold brew

- cold coffee, peanut butter, banana, protein choice, almond milk •

### seasonal flavor

- rotating seasonal flavors, call to ask •

### kids smoothie

- strawberry, banana, blueberry and choice of oj, almond milk or oat milk •

### açaí bowl

- organic açai blended w/ strawberry & banana topped with housemade granola, coconut, chia seed, banana •

### pitaya bowl

- organic pitaya blended w/ pineapple & banana topped with housemade granola, coconut, chia seed, banana •

### in a hurry?

check out our grab & go

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chicken salad

quinoa salad

thai peanut noodles

desserts

pickled veggies

hummus

and so much more!

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### hosting an event?

- we offer full service or drop off catering options •
- our space is also available •